

# October Activities - Urbana Senior Center

301-600-7020    UrbanaSeniorCenter@FrederickCountyMD.gov    www.FrederickCountyMD.gov/aging  
9020 Amelung Street, Frederick, MD 21704    (Lower Level of the Urbana Regional Library)

Mondays 9:00-3:00	Tuesdays 9:00-8:00	Wednesdays 9:00-3:00	Thursdays 9:00-3:00
<p>*You must pre-register and pay (if there is a fee) for all programs marked with an asterisk. Programs may be canceled if enrollment is low. Activities are subject to change.</p>			
<b>3</b> 10:00    Stitching Post 10:45    Exercise to Video <b>11:30    Voter Information</b> <b>Noon    *Basic Tai Chi</b> <b>1:00    *Advanced Tai Chi</b> 1:00    Rummikub <b>1:15    Book Club</b>	<b>4    First Day of Trip Registration</b> 10:00    *English Conversation 10:45    Exercise to Video 1:00    Stitching Post 1:00    Chinese Mah Jong 3:00    *Watercolor Class <i>Center closes at 4:00 p.m.</i> <b>5:00    *Supper Club:</b> <b>          Sabor de Cuba</b>	<b>5</b> 10:45    Exercise to Video 12:30    *English Class <b>12:30    *Yoga Class</b> <b>1:00    Wheel of Fortune</b>	<b>6</b> 9:30    Color This 10:45    Exercise to Video 1:00    Cards and Games 1:00    Wii Games
<b>10    Health Education 101</b> <b>          “Raking Leaves”</b> 10:00    Stitching Post 10:45    Exercise to Video 1:00    Rummikub	<b>11    Health Education 101</b> <b>          “Raking Leaves”</b> 10:00    *English Conversation 10:45    Exercise to Video 1:00    Stitching Post 1:00    Chinese Mah Jong 3:00    *Watercolor Class <b>3:30    Teens Teach Tech</b> 5:30    *Dinner/Games	<b>12    Center is Closed</b> <b>12:30    *Yoga Class</b>  <b>Except for Yoga Class the</b> <b>center will be closed for the</b> <b>          Elder Expo</b>	<b>13    Health Education 101</b> <b>          “Raking Leaves”</b> 9:30    Color This 10:45    Exercise to Video <b>Noon    *Oktoberfest Lunch</b> <b>          with Nurse Steve: Taking Meds</b> 1:00    Cards and Games 1:00    Wii Games
<b>17    Nutrition Minute</b> <b>          “Feeling Fit with Fiber”</b> 10:00    Stitching Post 10:45    Exercise to Video <b>Noon    *Basic Tai Chi</b> <b>1:00    *Advanced Tai Chi</b> 1:00    Rummikub <i>Center closes at 2:00 p.m.</i>	<b>18    Nutrition Minute</b> <b>          “Feeling Fit with Fiber”</b> 10:00    *English Conversation 10:45    Exercise to Video 1:00    Stitching Post 1:00    Chinese Mah Jong 3:00    *Watercolor Class <b>5:30    *Fried Chicken Dinner</b> <b>6:00    *The Inside Scoop:</b> <b>          Estate Planning</b>	<b>19    Nutrition Minute</b> <b>          “Feeling Fit with Fiber”</b> 10:45    Exercise to Video 12:30    *English Class <b>12:30    *Yoga Class</b> <b>1:00    *Artful Creations:</b> <b>          Clay Leaf Prints</b>	<b>20    Nutrition Minute</b> <b>          “Feeling Fit with Fiber”</b> 9:30    Color This 10:45    Exercise to Video 1:00    Cards and Games 1:00    Wii Games
<b>24</b> 10:00    Stitching Post 10:45    Exercise to Video <b>Noon    Lunch and Learn:</b> <b>          Vaccinations for Seniors</b> <b>Noon    *Basic Tai Chi</b> <b>1:00    *Advanced Tai Chi</b> 1:00    Rummikub	<b>25</b> 10:00    *English Conversation 10:45    Exercise to Video 1:00    Stitching Post 1:00    Chinese Mah Jong 3:00    *Watercolor Class 5:30    *Dinner/Games	<b>26    Center is Closed</b> <b>12:30    *Yoga Class</b>  <b>Except for Yoga Class the</b> <b>center will be closed for the</b> <b>          Harvest Celebration at</b> <b>          Emmitsburg Senior Center</b>	<b>27</b> 9:30    Color This 10:45    Exercise to Video 1:00    Cards and Games 1:00    Wii Games <i>Center closes at 2:00 p.m.</i>
<b>31</b> 10:00    Stitching Post 10:45    Exercise to Video <b>Noon    *Basic Tai Chi</b> <b>1:00    *Advanced Tai Chi</b> 1:00    Rummikub		<p>For the latest updates on programs “like us on facebook”  <a href="#">Urbana Senior Center – Frederick County, MD</a></p> 	

(see other side for program highlights)